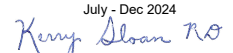


Chef2Home Frozen 5-Day Menu - Q3Q4 2024

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Service Dates
WEEK 1	<p><u>Chicken Parmesan</u> 3.15 oz. Breaded Chicken 2.5 oz. Marinara Sauce 0.5 oz. Mozzarella Cheese 3/4 cup Broccoli 1/2 cup Whole Grain Rotini 1/2 cup Cinnamon Apple Crisp (1 Fruit, 1 oz. Grain) 8 oz. 1% Milk</p>	<p>4.23 oz. Apple Juice <u>Ham Steak with Pineapple Glaze</u> 3 oz. Ham Steak 1/4 cup Pineapple Topping 1 cup Peas 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Tropical Fruit Punch <u>Turkey Noodle Stew</u> 3 oz. Diced Turkey 2 oz. Whole Grain Noodles 1 oz. Mixed Vegetables 3 oz. Gravy 1 cup Broccoli 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk</p>	<p>4 oz. Applesauce <u>Chicken with Country Pepper Gravy</u> 3.15 oz. Breaded Chicken Patty 1.5 oz. Gravy 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Applesauce <u>Penne Pasta & Meatballs with Marinara Sauce</u> 3 oz. Meatballs 3 oz. Marinara Sauce 1/2 cup Whole Grain Penne 1/2 cup Cauliflower 1/4 cup Brussels Sprouts 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>July 1st - July 7th July 29th - August 4th August 26th - September 1st September 23rd - Sept 29th October 21st - Oct 27th November 18th - Nov 24th December 16th - Dec 22nd</p>
WEEK 2	<p>4.23 oz. Apple Juice <u>BBQ Seasoned Pork</u> 3 oz. Pork Riblet 1 oz. Barbecue Sauce 1/2 cup Green Beans 1/2 cup Sweet Potatoes 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk</p>	<p>4 oz. Grape Juice <u>Thai Ginger Curry Chicken</u> 3 oz. Diced Chicken 2.5 oz. Curry Sauce 1/4 cup Fajita Vegetables 1/2 cup Broccoli 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p><u>Salisbury Steak</u> 3 oz. Beef Salisbury Steak Patty 2 oz. Mushroom Gravy 1/2 cup Classic Mashed Potatoes 1/2 cup Carrots 1/2 cup Warm Cinnamon Apples 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk</p>	<p>4 oz. Applesauce <u>Shrimp Scampi</u> 3 oz. Shrimp 3 oz. Scampi Sauce 1/2 cup Whole Grain Penne 1 cup Succotash (Corn, Lima Beans, Peas, and Peppers) 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Peach Cup <u>Beef & Bean Chili</u> 5 oz. Chili 1 oz. Kidney Beans 1 cup Rice & Beans 3/4 cup Broccoli 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>July 8th - July 14th August 5th - August 11th September 2nd - Sept 8th September 30th - Oct 6th October 28th - Nov 3rd November 25th - Dec 1st December 23rd - Dec 29th</p>
WEEK 3	<p>4 oz. Applesauce <u>Italian Meatloaf</u> 2.6 oz. Meatloaf 2 oz. Tomato Sauce 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Grape Juice <u>Turkey Divan</u> 3 oz. Diced Turkey 3/4 cup Broccoli 2 oz. Cheese Sauce 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p><u>French Onion-Breaded Pork Chop</u> 3.35 oz. Breaded Pork Chop 2 oz. Gravy 1/2 cup Mashed Potatoes 1/2 cup Peas 1/2 cup Cinnamon Apple Crisp (1 fruit, 1 oz. Grain) 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Applesauce <u>Southwest Chicken Cheddar Penne</u> 1/2 cup Whole Grain Penne 2 oz. Diced Chicken 2 tbsp. Black Beans & Corn 2 oz. Cheese Sauce 1/2 cup Stewed Tomatoes 1/2 cup Broccoli 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Tropical Fruit Juice <u>Italian Cheese Lasagna</u> 4.3 oz. Lasagna Roll (2 oz. Protein, 1 oz. Grain) 3 oz. Tomato Sauce 1 cup Italian Vegetable Blend (Italian Vegetables, Chickpeas, 1 tsp. Kale Pesto) 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>July 15th - July 21st August 12th - August 18th September 9th - Sept 15th October 7th - October 13th November 4th - Nov 10th December 2nd - Dec 8th December 30th - Jan 5th</p>
WEEK 4	<p><u>Sweet & Sour Chicken</u> 3 oz. Chicken 2 oz. Sweet and Sour Sauce 1/2 cup Cut Broccoli 1/2 cup Mixed Vegetables 3/4 cup Brown Rice Pilaf 1/2 cup Pineapple Chunks 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4.23 oz. Apple Juice <u>Beef Goulash</u> 3 oz. Beef 1/2 cup Whole Grain Macaroni 2 oz. Tomato Sauce 1/2 cup Carrots 1/2 cup Peas 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p><u>Moroccan Chicken & Lentils</u> 2 oz. Chicken 3 oz. Moroccan Sauce 1/4 cup Lentils 1/4 cup Peppers 1/4 cup Mixed Vegetables 3/4 cup Brown Rice Pilaf 1/2 cup Warm Apples w/ Raisins 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>4.23 oz. Apple Juice <u>Cheese Pizza (4.55 oz)</u> (2 oz. Protein, 2 oz. Grain) 1 cup Italian Bean Medley (Wax Beans, Chickpeas, Tomatoes, 1 tsp. Kale Pesto) 8 oz. 1% Milk</p>	<p><u>Swiss Steak</u> 3 oz. Beef Patty 2.5 oz. Swiss Steak Sauce 1/2 cup Mashed Potatoes 1/2 cup Normandy Blend 1/2 cup Cinnamon Apples 2 Slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk</p>	<p>July 22nd - July 28th August 19th - August 25th September 16th - Sept 22nd October 14th - Oct 20th November 11th - Nov 17th December 9th - Dec 15th</p>
<p>This menu has been designed using the DOEA component meal pattern requirements. When prepared using approved products and recipes, this menu meets meal pattern requirements for one meal per day (2 oz edible portion protein, 3/4 cup vegetable and 1/2 cup fruit OR 1 1/2 cups vegetables, 2 servings of grains, 1 cup milk; 25 mg Vitamin C per meal, 233 mcg Vitamin A averaged over one week; includes whole grain foods).</p>				<p>MENU PREPARED BY: DATE: MENU SERVICE DATES: DIETITIAN SIGNATURE:</p>		<p>Metz Culinary Management 05/15/2024 (PM/KS) July - Dec 2024 </p>